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Request for Information Regarding the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

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Request for Information Regarding the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

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General Comment

The current regulations under the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 do not assure parity for mental health coverage.

I have met people with personal experience being treated with EEG biofeedback or neurofeedback to help with ADD and depression. But these services were not covered by their health insurer, nor mine, even though there is research showing that neurofeedback is effective.

After very limited or no success with standard medications prescribed I very much wish to try neurofeedback. I am unable to afford these sessions myself. I believe the treatment could be very helpful, as it has been for those I know who have had the treatment and swear by it's effectiveness.

Because there is good research to show that neurofeedback works, and because I have seen for myself that it helped others when other treatments failed, I believe it should be a covered service. There is more research showing that neurofeedback is effective than many medical and surgical services that are routinely covered by my insurer. That is not fair. It is not parity.

I strongly urge that you write and enforce regulations that require health insurers to use the same scientific review criteria for mental health services such as neurofeedback that they use for most medical procedures. If they do so, then I am confident neurofeedback will be covered and this safe and effective treatment will be available to the very large number of people in our country for whom more traditional treatment approaches were not enough.